

Veggie Bean Burgers

30 Mins Preparation Time | Serves 4 – Makes 8 Small Burgers

Ingredients

1 potato
1 swede
1 tin of (drained) carrots
2 cloves garlic
1 onion
1 celery stick
2 teaspoons oil

2 Tins of beans – Borlotti Beans - Chickpeas
1 Tablespoon tomato puree
2 Teaspoons soy sauce
Ground black pepper
1-2 Teaspoons Chilli powder (Optional)
Plain Flour



Method

1. Peel and chop the potato, swede into small chunks. Boil for 10-15 minutes or until tender, then drain well.
2. Drain the beans, rinse under cold water and drain well. Mix with the potatoes, swede and carrots then mash together
3. Meanwhile, peel and finely chop the onion, garlic and celery.
4. Heat the oil in a pan and fry the onion, garlic and celery for 5 minutes. When soft add to the vegetables/bean mixture
5. Add the tomato paste, soy sauce, black pepper and chilli powder (optional)
6. Using your hands make 8 small or 4 large burgers and lightly coat in flour.
7. Place burgers on a lightly oiled baking tray and grill for approximately 8-10 minutes or until golden, turning over to brown the other side.

Other Information

Serve the burgers on wholemeal rolls. Add a crispy salad or coleslaw to boost the recommended five a day. Alternatively serve the burgers with oven-baked potato wedges, peas and sweetcorn!

Nutritional Information

The beans in the burgers can also contribute towards your five a day (1 Large burger = 1 portion)

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